

TRACKING ...

NEWS

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military spouses

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Disabled vets build
muscles, friendship

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The Fort Jackson Leader



Thursday, May 7, 2009

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Battling the bug

No cases of H1N1, but post is prepared

By **SUSANNE KAPPLER**
Leader Staff

The number of confirmed H1N1 infections in South Carolina is listed at 16 as of yesterday, but no cases are reported on Fort Jackson.

Col. Nancy Hughes, Moncrief Army Community Hospital commander, explained that MACH is monitoring the situation closely. She said the hospital has been working closely with the South Carolina Department of Health and Environmental Control and the Army Medical Department to keep informed about the latest developments. In

addition, she said, the hospital is working with installation leaders on plans to avoid or contain a possible H1N1 outbreak.

"We're the ones that sort of bring AMEDD and the installation together and help make sure that what both groups want to do — the hospital's ready to meet that mission," Hughes said.

MACH has taken several measures to prevent an outbreak.

One practice that has been in place for several months at MACH to help prevent contagious diseases from spreading is the availability of respiratory stations. The stations offer free masks, tissues and hand san-

itizer and are located in hospital waiting areas. The stations have also been added to the 120th Adjutant General Battalion (Reception) area, Hughes said.

MACH also is distributing informational flyers and is educating cadre on H1N1 prevention, said Lt. Col. Marilyn Lazanz, MACH chief of preventive medicine.

In the event the H1N1 virus reaches Fort Jackson, the installation is prepared to deal with a possible outbreak, said John Coynor, the installation's force protection officer. Fort Jackson has a "pandemic influenza plan,"

See NO TRACE: Page 3

Secretary of the Army stops by



Photo by STAFF SGT. MATTHEW CLIFTON

Army Secretary Pete Geren, left, speaks with Sgt. David Marklein, a military policeman with the Warrior Transition Unit, about the treatment Marklein is receiving. During the visit, Geren met with WTU Soldiers to gain insight on the effectiveness of WTU programs in dealing with combat injuries. For more on Geren's visit, see Page 4.

Spouses' efforts keep Army strong

Military spouses will be recognized tomorrow here on Fort Jackson, as well as across the Army and the entire military, during Military Spouse Appreciation Day. This annual event officially began some 25 years ago, stemming from roots that can be traced back to when spouses braved the rough American frontier along with their Soldiers.

I do not have enough accolades to describe these unsung heroes. There are so many individual stories that could be told to illustrate the tremendous support and sacrifices that Army spouses have made and continue to make each and every day.

I, for one, know what my own wife Jan has managed to do in supporting our family. I also know that I would not be in a position to write this commander's column today if it were not for her work, courage and never-ending support. There is not enough room in this paper to express adequately how much I appreciate her support.

All married Soldiers and leaders can empathize with my feelings, I am sure.

Just think about it for a second, while looking at the big picture and the demographics of the Army. Consider that slightly more than 56 percent of Soldiers are married, and dual couples comprise almost 9 percent of the Army.

That's a lot of married couples and Army families. One can easily understand the important role an Army

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



spouse plays.

The role of a military spouse is no easy task, by any means, considering that marriages in themselves present their own challenges.

Being a spouse of an Army member demands exceptional fortitude in many instances. The spouse often goes above and beyond the call of duty, somehow summoning up a tremendous amount of understanding, patience, sacrifice, endurance, adaptability ... and the list goes on.

It is no secret that the efforts from our spouses go a long way in making our entire team Army Strong.

Soldiers and leaders at all levels can relate to the types of sacrifices and dedication Army spouses have embraced and managed and that their continued support is critical to the Army mission in general.

They have shown courage in dealing with multiple deployments and relocations, while gracefully coping with changes that await them at every turn and corner.

The current Army spouse proudly carries on the great tradition that has been going on for more than 234 years. In the 19th century the Army protected settlers moving west. Army spouses braved the journey and life on the frontier. They rode ox or horse-drawn carts and wagons, and often even walked. They battled harsh weather, disease, and attacks while coping with the military life.

Fast forward again to the present, spouses continue to cope and manage an ever-changing landscape. That challenge was certainly a catalyst in the inception of the Army Family Covenant. The Army is putting forth its best effort to recognize the multitude of sacrifices that families make every day and to continually acknowledge the fact that the strength of our Soldiers comes from the strength of their families.

The Army has a global presence in 80 countries and has been engaged in conflicts for almost a decade. Meanwhile, spouses continue to put the welfare of their Soldiers, families and nation above their own.

Tomorrow, Fort Jackson will recognize its spouses with a ceremony 11:30 to 1 p.m. in the Strom Thurmond Building, Room 120. I encourage you to attend the event. Army Strong!

The Fort Jackson **Leader**

Fort Jackson, South Carolina 29207

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To submit articles, story ideas or announcements for the community page, write the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@conus.army.mil.

Staff

Commanding General Brig. Gen. Bradley W. May
Public Affairs Officer Karen Soule
Command Information Officer .. Joseph Monchecourt
Editor Crystal Lewis Brown
News editor/Staff writer..... Susanne Kappler
Online editor/Staff writer..... Mike A. Glasch
Staff writer Delawese Fulton
Web site www.fortjacksonleader.com

SAS pick-up from area schools

I have heard that the School Age Services program picks up children at some off-post elementary schools, but not at Lake Carolina. There are a lot of military families who live at Lake Carolina. Why can't the School Age Services program pick up from there?

The School Age Services program does pick up from a number of off-post schools. Unfortunately, there is insufficient funding to support transportation to and from all schools in the Columbia area, and insufficient program space to serve all eligible children at the Youth Services Center.

The schools where pick-up is provided are first based on proximity to the installation and secondly on patron demand. Pick-up is not provided from Lake Carolina because of its distance from Fort Jackson.

However, the Army has partnered with the Boys & Girls Clubs of the Midlands through Army School Age Programs in your neighborhood to expand services for military families.

The Boys & Girls Clubs of the Midlands provides on-site services at the Lake Carolina Elementary School. Soldiers and their families with children enrolled at Lake Carolina can access before- and after- school care at the same cost as they would at the School Age Services program on Fort Jackson.

For more information about the Boys & Girls Clubs of the Midlands programs and services for Army families, visit their Web site at www.bgcmidlands.org or contact them at 231-3300.

COL. LILLIAN A. DIXON
*Fort Jackson
Garrison
Commander*



GARRISON FACT OF THE WEEK

School Age Services will provide transportation for the following off-post elementary schools during the 2009-2010 school year: Forest Lake Elementary School, Polo Road Elementary School, Conder Elementary School, Windsor Elementary School, Lonnie B. Nelson Elementary School, Sandlapper Elementary School, North Springs Elementary School, Pontiac Elementary School, Rice Creek Elementary School, Caughman Road Elementary School, Meadowfield Elementary School, Annie Burnside Elementary School and Mill Creek Elementary School.

Sign up for the limited spaces available started Monday. Individuals signing up for transportation must also sign their contract for before only, after only or before/after school care at the same time.

To submit questions, call 751-2842, or e-mail nahrwolds@conus.army.mil.

HOW TO CONTACT THE LEADER

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No trace of virus on Fort Jackson

Continued from Page 1

and most recently practiced its implementation during an exercise last October.

Coynor explained that the most likely way for any epidemic to infiltrate Fort Jackson is through Soldiers inprocessing with the 120th Adjutant General Battalion (Reception).

"Those people are coming here from all over the country, and they go through airports," he said. "They could just as easily be coming through an area where the flu exists or sitting on the plane next to someone who has the flu."

To make sure a newly arriving Soldier does not bring the flu on post, all incoming Soldiers are screened at the battalion's Physical Exam Station upon their arrival.

"If we catch them there, we can hopefully keep (a virus) out of the general population," Coynor said.

Any Soldiers suspected of being infected would immediately be segregated from their peers.

"We would isolate them at the 120th until the medical personnel determine that they actually have the H1N1 virus," Coynor said.

He added that the chance of Soldiers being exposed to the flu during Basic Combat Training is extremely slim, since Soldiers have very limited physical contact with people outside the post.

"Our people who are currently in training live in a type of isolation anyway. They don't leave ... to go downtown or to go to the movies," he said. "The only people that they come in contact with from the outside are their own drill sergeants ...

and the people in the dining facilities. ... So they're living in a type of quarantine already."

In the event that the flu infiltrates a BCT unit, procedures are in place to prevent the virus from spreading. Soldiers who report to sick call with flu-like symptoms are not sent to the Troop Medical Clinic, but will be examined by medical personnel at their unit.

"At that time, we want to move this person who's presented with these flu symptoms away from everybody else," Coynor said.

If, after examination, it is determined that the Soldier might be infected, he or she will be hospitalized. The next step is to isolate the people who have been in close contact with the infected Soldier for the duration of the incubation period, Coynor said.

"We continue to train them," he said. "But we keep them away from the other Soldiers."

The influenza plan also includes contingencies for an outbreak among the post's civilian population.

"Fort Jackson is prepared for anything that can happen," Coynor said.

Hughes hopes the current focus on H1N1 will have a positive long-term effect.

"We're more concerned about what happens in the fall, when the other influenza hits," Hughes said. "We're hoping that people, come the fall, will remember how important it is to get their flu shots."

Susanne.Kappler1@us.army.mil

U.S. Army Soldier Show hits the road

By **TIM HIPPS**
FMWR Command

ALEXANDRIA, Va. — Lights! Camera! Action! That is the theme of the 2009 U.S. Army Soldier Show, which opened April 24 at Wallace Fort Belvoir, Va.

"The audience is going to have the rare experience of feeling and being in a live television studio, including commercial breaks," said Soldier Show production director Victor Hurtado, who spent much of the past year working on TV productions.

"Some of that comes from some of the experiences I've had this last year with network television, and just realizing what a great experience these audiences have and how the set changes are part of what makes it kind of cool before you go back on the air," Hurtado explained. "At the end of the day, an artistic director is just a vessel responsible for experiencing as much as he can and putting it into a product."

The show, part of the Army Entertainment Division, embarked on a 6 1/2-month tour with more than 100 performances on 46 installations.

The show will open with Kirk Franklin's upbeat "Declaration (This is It!)," which addresses survival of the everyday trials and tribulations through a positive declaration of one's purpose in life.

Another scene features the new retro sounds of Duffy's "Mercy," Dominican Juan Luis Guerra's "La Llave de Mi Corazon," which translates in English to



Photo by **TIM HIPPS**, FMWR Command

Cast members of the U.S. Army Soldier Show sing and dance to T-Pain's "Freeze" during rehearsals on Fort Belvoir, Va.

"Key to my Heart," and "I Decided," by Solange Knowles, younger sister of Beyonce.

"It has a little bit of English, a little bit of rap, it's all meringue — so it moves," Hurtado said.

A lot of dance, rap, English R&B, visuals, patriotic tunes, movement, love of country — even a roller skater — will grace the stage of the 2009 U.S. Army Soldier Show during the 90-minute theatrical concert production.

Soldier-performers will wear traditional attire from India during "Jai Ho," a soundtrack piece from "Slumdog Millionaire," the 2008-09 Academy Award-winning best picture.

For the finale, the troops combined "The Warrior's Anthem," by Michael Peterson, with the late Robert Humphreys' "Warrior's Creed," and put

it to music.

"It's a combination of that and a song called 'Make Them Hear You,' Hurtado said. "It's a declaration of being heard."

That, in itself, is the director's goal for the Soldiers' show.

"I'm an artistic person by nature," said Hurtado. "Just being able to focus on that, and to work from the stage back, is where I'm most comfortable, especially in working with the music."

"This is basically writing an hour-and-a-half record with feet and hands and clothes and hearts — and a roller skater this time. I'm really an artist at heart, although I have an organized side of myself that comes in handy."

"Either way, I answer to the same boss: the Soldiers in the show."

Fort Jackson hosts the show June 13 and 14.

H1N1 update, health advice

By **NICHOLE RILEY**
Moncrief Army Community Hospital

Moncrief Army Community Hospital and Fort Jackson are reporting no cases of the H1N1 flu, MACH officials said this week.

As of press time yesterday, South Carolina had 16 confirmed cases of the flu strain, according to the Centers for Disease Control and Prevention, which brings the United States total to 642 and 2 deaths.

Public Health Nursing and Preventive Medicine are offering ongoing education on signs and symptoms and prevention of the flu. DoD, the Army, Fort Jackson and MACH are monitoring this public health issue very closely.

The Army's first priority is to preserve the ability of our Soldiers and our Army civilians worldwide to provide for national defense and sustain current military operations worldwide.

There are no indications of any adverse impact to military operations. In the event this should become a greater health crisis, the Army has contingency plans to ensure we can preserve the fighting strength of the force.

People who are sick are urged to stay home from work or school and to avoid contact with others, except to seek medical care.

WHAT YOU CAN DO TO STAY HEALTHY

☐ Stay informed. Keep abreast of the situation by checking the CDC Web site at www.cdc.gov/flu. Influenza is thought to spread mainly person-to-person through coughing or sneezing.

☐ Take everyday actions to stay healthy by covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is not available cough into the sleeve of your shirt where the germs will die. Try not to cough into your hands.

☐ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

☐ Avoid touching your eyes, nose or mouth. Germs spread that way.

☐ Stay home if you get sick or have flu like symptoms. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

☐ Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

☐ Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

Signs and symptoms of the flu are high fever (higher than 100.5 degrees); headache; fatigue; dry cough; sore throat; runny or stuffy nose; children and some adults may also have upset stomach or vomiting.

What should you do if you have the flu? Drink fluids (water, fruit juice or soup); get plenty of rest; avoid alcohol; avoid smoking/smokers.

Geren hears Fort Jackson WTU Soldiers

By **STAFF SGT. MATTHEW CLIFTON**
Army News Service

Physical combat injuries and external wounds are easily identified by Soldiers and medics, but it is much more difficult to spot, and treat, mental wounds.

In May the Army observes Mental Health Month, and Army Secretary Pete Geren paid a visit to Soldiers assigned to Fort Jackson's Warrior Transition Unit Monday to speak with them and their family members about how they are addressing mental health challenges with the help of family and Army programs.

"The Army has a corner on being strong and being able to drive on, no matter what happens, and that makes it harder (for Soldiers to request help)," Geren said.

One wounded warrior, Sgt. David Marklein, served as an infantryman for two deployments in 2003 and 2006 with 1st Brigade, 1st Armored Division. During his first deployment, Marklein was the personal driver for Command Sgt. Maj. Eric Cooke, the brigade's command sergeant major.

While on a mission on Christmas Eve, their Humvee struck an improvised explosive device, killing Cooke. While Marklein had no external injuries, his eardrums were blown out and he suffered damage to his head, neck and back.

Marklein and Cooke had been very close, and his death changed Marklein in a way he would not admit until a series of events — which would not come until after his second deployment — put his personal life and Army career

into jeopardy.

"When I got off of the plane, my wife knew there was something different about me," said Marklein, who admits he couldn't see the change in himself. "Subconsciously, there was something wrong, but I wouldn't face it.

"I would go to bed at night angry, and wake up in the morning just as angry."

Instead of addressing his problem, he narrowed his focus to his work, ensuring his Soldiers received all the support he could provide. He buried himself in counseling his Soldiers and preparing them for promotion boards, all the while leaving a "trail of wreckage" at home.

"There are a lot of people suffering out there," he said. "They weigh how much they think it is affecting their life and they don't seek treatment.

"I thought I could grunt my way through it," he continued. "If I just focused on my work, I would be good to go."

Eventually, the suicide of his younger brother, a civilian firefighter, and a verbal argument with his first sergeant were the catalyst for him to seek help

"I knew I was almost at my end," Marklein said.

Marklein is now receiving treatment for his traumatic brain injury and post traumatic stress disorder. He said the difference between himself before treatment and now is like "night and day."

Similarly, Spc. Chris Hussey, who has been with the WTU since December 2007, relates to Marklein's situation and said that before he got help, he frequently avoided social situations and ignored his personal life.

"I would feel anxiety and depression and there would

always be a sense of hyper vigilance when I was in public places," said Hussey, who survived five separate bombing attacks during his tour in Iraq as a combat medic. "When I would go out to eat, I'd check where all the exits are and plan exit routes. It was automatic.

"Eventually you have to find something that makes you want to get help," he continued. "For me, the thing that made me want to get better was my two sons,"

Hussey praises the WTU's commitment to the Soldiers.

"I see a psychologist three times a week and a psychiatrist once a week," he said. "I also meet with anger management therapists, neurologists and occupational therapists.

"The time you spend with these doctors in this unit is phenomenal," he continued. "You just can't get that kind of treatment with out-patient or day visits."

Marklein and Hussey, like so many of the other combat veterans dealing with TBI and PTSD, praise the WTU's commitment to focusing on their recovering health.

"They put a mirror in front of me and wouldn't let me turn away," Marklein said of the WTU programs. "Of course I was resistant at first, but now I don't fight it and I'm getting better every day. If it wasn't for the help I've received for my TBI and PTSD, I would be divorced and my life would be in shambles."

Following the interview, Geren said, "When we start having more and more people coming out and discuss publicly their personal experiences, I think they'll continue to chip away at it. We're not where we want to be, but we're making progress."

CPAC CORNER

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CONFLICTS OF INTEREST:

□ An employee may not do government work on a particular matter that will affect the financial interest of the employee, his or her spouse, minor children, general partner, organization with which the employee is negotiating or have arrangement for future employment, or any organization for which the employee serves as an employee, officer, director, trustee, or general partner.

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□ An employee may not accept compensation from any source except the gov-

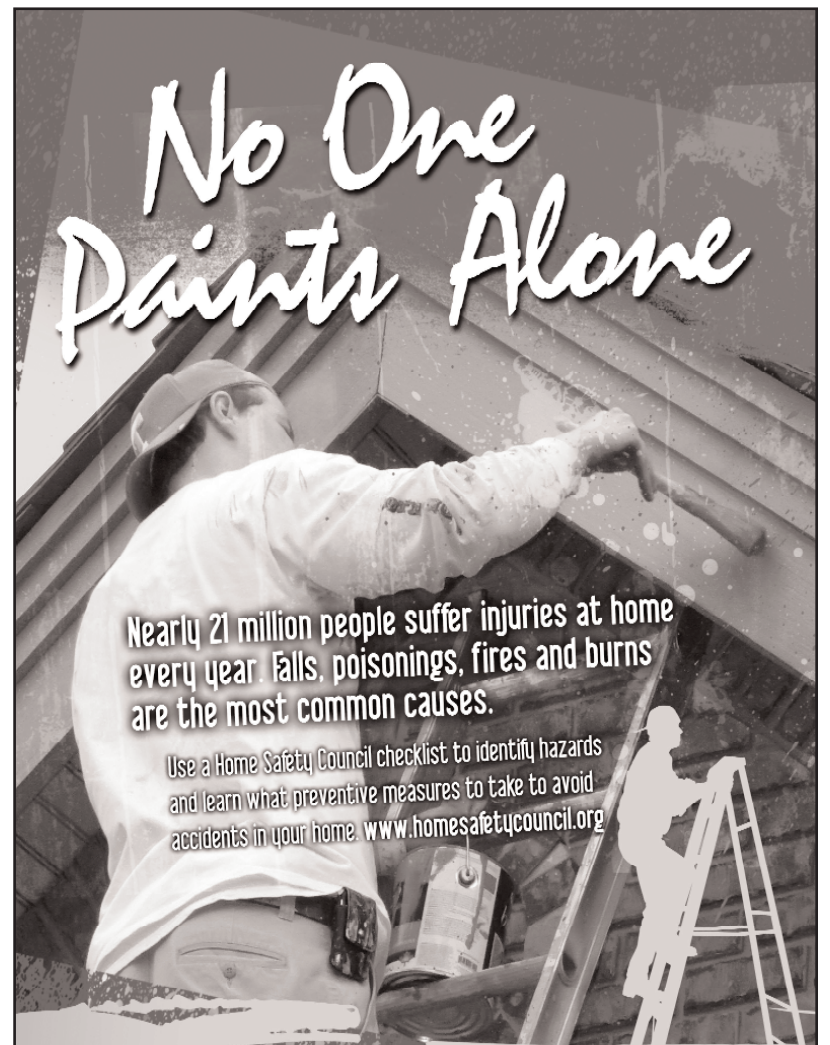
ernment for his or her services as a government employee.

□ Army employees must refrain from any private business, professional activity or from having direct or indirect financial interest which would place them in a position where there is a conflict between their private interests and the public interests of the United States government, particularly those related to their duties and responsibilities as Army personnel.

Even though a technical conflict may not exist, DA civilians must avoid even the appearance of such a conflict from a public confidence point of view.

□ Additionally, employees may not engage in any private business, professional activity or financial transaction that involves the direct or indirect use — or the appearance of such use — of inside information gained through an Army position.

This includes engaging in any teaching, lecturing, or writing that is dependent on information obtained as a result of government employment, unless that information has been published or is available to the public.



Army urges summer safety

U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — The Army reinforces its commitment to protecting members of the Army family with the launch of the Safe Summer 2009 Campaign. This year, the annual campaign, which runs from May through September, will emphasize prevention and vigilance during the summer season, a time that the Army typically experiences an increase in off-duty accidental fatalities.

“Every member of our Army family plays an important role in keeping our team safe, especially during high-risk summer activities,” said Brig. Gen. William Wolf, U.S. Army Combat Readiness/Safety Center commanding general and director of Army Safety. “The goal of the Safe Summer 2009 campaign is to provide Soldiers, Army civilians and their family members the information they need to manage risk and thereby decrease the chance of incidents, accidents and injuries.”

To achieve this important goal, the Army Safety Center has created a Safe Summer 2009 Campaign Web site containing posters, articles and videos relating to nearly 20 summer safety topics. The site, which will launch May 4, will allow officials at installations around the globe the op-



portunity to tailor their summer safety campaigns to meet the needs of their individual populations.

“The enemy ‘risk’ can be defeated, but it takes teamwork,” said USACR/Safety Center Command Sgt. Maj. Tod Glidewell. “The team effort involves Leaders, Soldiers, civilians and family members both on and off duty, protecting our most precious resource and to ensure ‘no one stands alone.’”

For more information on the 2009 Safe Summer Campaign, visit <https://safety.army.mil> and look for the “safe summer” logo at the bottom of the page.

Armed Forces Day offers events for all

By SUSANNE KAPPLER
Leader Staff

Fort Jackson and the Celebrate Freedom Foundation will team up May 16 to celebrate the 51st annual Armed Forces Day. The event is scheduled from 9 a.m. to 5 p.m. on Hilton Field. An official opening ceremony is set for 11:30 a.m. and will include a battle demonstration by the 187th Ordnance Battalion, a swearing-in ceremony for recruits and a Pass in Review.

An array of exhibits, displays and events are planned for this year’s event.

The CFF’s living history exhibits will transform Hilton Field into past battle zones. Exhibits are planned on the American Revolution, Buffalo Soldiers, World War I, World War II, the Korean War and the Vietnam War.

Fort Jackson Soldiers will demonstrate parachute rigging and combat lifesaver skills. In addition, a number of on-post units, organizations and museums will showcase displays and exhibits.

Children will be able to experience a “Mini Basic Combat Training.” Other children’s activities include camouflage face painting, games and crafts.

Other events planned are weapons displays, rock wall climbing, football toss, laser shot and interactive games and presentations.

Admission and parking are free. Last year, more than 20,000 visitors attended Armed Forces Day.

President Truman consolidated individual service days into Armed Forces Day in 1949. The first Armed Forces Day was celebrated May 20, 1950.

For more information on this year’s event, see the insert in next week’s *Leader*.

Susanne.Kappler1@us.army.mil

Knowing the drill



Courtesy photo

The 3rd Battalion, 60th Infantry Regiment recently conducted a drill and ceremony competition at Patton Stadium. Staff Sgt. Kwesi Morgan, Company C drill sergeant, won the event.

LEADER DEADLINES

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❑ Announcements are due one week before the scheduled publication. For example, an announcement for the May 21 Leader should be submitted by May 14.

❑ Send submissions to *FJLeader@conus.army.mil*.

Fort Jackson recognizes Army spouses

Special to the Leader

Tomorrow, the Army will pay tribute to military spouses through recognition, shared stories and internal media coverage, by acknowledging that much as the noncommissioned officer is the backbone of the Army, military spouses are the backbone of the families who support our Soldiers. They are the silent heroes who are essential to the strength of the nation.

Twenty-five years ago, President Reagan signed a proclamation officially recognizing Military Spouse Day. The commemoration is held the Friday before Mother's Day every year to show appreciation for the sacrifices of military spouses.

Although today's Army spouse has more resources than those spouses of the past, they still confront many challenges. In the 21st century, the Army has a global presence in 80 countries.

In 2007, the Army, through the assistant chief of staff for Installation Management, instituted the Army Family Covenant and the Army Community Covenant.

These covenants were instituted in part to recognize the commitment and increasing sacrifices that Army families make every day, and to acknowledge that the strength of our Soldiers comes from the strength of their families.

The Army is committed to improving family readiness through better funding of programs, better health care, housing, schools, youth services, child care, education and employment opportunities. Army spouses are community leaders, careerists, mothers, fathers and Soldiers.

Today, more than half the Soldiers serving are married and their spouses continue to routinely put the welfare of their Soldier, family and nation above their own.

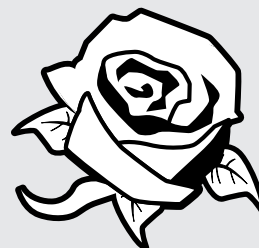
After almost a decade at war and multiple deployments, active, Reserve, and National Guard spouses continue to support the Army unconditionally.

Military Spouse Day

Tomorrow's Fort Jackson Military Spouse Day events:

❑ Military spouse job fair! 9-11 a.m. Strom Thurmond Building, Room 223

❑ Military spouse celebration, 11:30 a.m. to 1 p.m., Strom Thurmond Building, Room 120,



Housing Happenings

❑ Asbestos abatement is ongoing in the Phase I areas.

❑ Neighborhood huddles are scheduled May 19 at 5:30 pm and May 21 at 10 am. in the Post Conference Room. Call Courtney at 738-8275 for information.

❑ Can you use an extra \$500? Residents with leases expiring July 31 can renew their resident responsibility agreement (lease) for an additional year and receive \$500. The first \$250 will be paid at signing and the remaining \$250 will be paid at the end of one year. Because of the number of leases expiring, residents will be notified in three phases. However, residents with leases expiring July 31 may renew prior to receiving formal notification.

❑ Quarters upgrades! Please contact Balfour Beatty if you are interested in have some upgrades done to your home. Upgrades include floor coverings, kitchen/bath, etc. Contact 738-8275 for information.

❑ Some residents have expressed concern regarding the school walking route. The RCO Office and Balfour Beatty are re-evaluating the current walking route. Expect an update soon.

❑ Remember to get your DA surveys completed and dropped off to enter to win one of many great prizes including a chance at winning a 42" flat screen LCD/HDTV! The earlier you return your surveys the more chances you have to win. Drawings are conducted each Friday. Call 738-8275 for details.

❑ Census takers are canvassing the installation collecting information for the 2010 census. The process should take a few weeks to complete.

Focus on retirees



Photo by DENNIS RAMIREZ, customer service officer

Retired Col. Bernie Chapman, delegate, receives a certificate of appreciation from Scott Nahrwold, deputy garrison commander, at this week's retiree focus group. Issues raised during the focus group will be published in the May 21 Customer Service Corner.

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Tracing Fort Jackson's historical roots

By **KEISHELLE ROSS**
Fort Jackson Museum

In 1916, Europe was at war and America was soon to join its allies there. The handwriting was on the wall, and America knew its involvement was critical to the successful outcome of what would be known as World War I.

In Columbia, the economy was booming with the production of tobacco and cotton, banks were in business and construction of buildings was ongoing. However, vast areas were still overwhelmed with trees, bushes and swamps.

Columbia community leaders recognized that the country critically needed new training camps large enough to train a large number of enlisting Soldiers, so the Columbia Chamber of Commerce leaders appointed a Cantonment Commission that collected environmental data on the swampland to gauge its suitability as a large training site for the Army.

They petitioned Maj. Gen. Leonard Wood, commander of all Army installations in the eastern U.S., saying: "The vast estate of South Carolina's great Wade Hampton would be an ideal site for a training camp." Wood sent an officer to inspect the site and on a cold, rainy day, Maj. Charles E. Kil-



Photo from the FORT JACKSON MUSEUM

This photo from June 1918 shows the Fort Jackson cantonment area before all of the buildings were erected.

bourne joined a group of military and civilian planners in surveying the vast acres of pineland in the Congaree Sandhills.

On May 19, 1917, the young Maj. Douglas MacArthur — speaking for U.S. Department of War — announced that one of the military's 16 national Army cantonments was to be constructed at the suggested location in Columbia.

Columbia's town fathers quickly raised the \$50,000 asking price for the land, which comprised 1,192 acres. Realizing it needed more land, the federal government purchased an additional 19,742 acres.

The purpose of the proposed cantonment, National Cantonment Number Six, was to train American Soldiers for World War I service. Named in honor of the sev-

enth president and the Palmetto State's native son, Andrew Jackson, the land was dubbed Camp Jackson.

Working together, Henry B. Crawford, and Maj. William Couper, the Army's constructing quartermaster, gathered a staff of the best engineers throughout the country. They recruited labor and skilled craftsmen to build a training camp out of the wilderness. Thus began the history of Fort Jackson.

South Carolina has a long and significant military history from the Revolutionary War to the present war on terror. However, Camp Jackson was the first army training installation to be located in South Carolina after the civil war, playing its part in uniting the succeeding state with the rest of the United States. Army installations did not come into existence until 1917.

The installations were established in order to train men in support of the war effort. Camp Jackson was one of the six training cantonments during its time.

Camp Jackson would go on to provide a strong economic impact for the state, as well as, its surrounding Columbia communities.

EDITOR'S NOTE: *Traditions is an occasional submission from the Fort Jackson Museum about the history of Fort Jackson.*

A better mother? It's all in the batter

My mom makes the best pound cakes.

I'm not saying this because she is my mom, but because it's true. The ingredients are simple — eggs, cream cheese, sugar, butter, flour and vanilla — but somehow, the way she puts it all together makes it delicious.

My mother did not start making these cakes until I had been out of the house for a few years, so her visit to Columbia last month was the first time I saw her bake one and probably only the second time I'd tasted one.

While I let the creamy cake melt in my mouth, I wondered what it was about those simple ingredients that became so special in her hands.


When I asked my younger sister about it, she said it was the secret ingredient my mom put in the cakes: Love. And when I asked my mother, she said it was important to remember to say a prayer after all of the other ingredients had been added.

In many ways, that cake reminds me of my mother. For those unfamiliar with a pound cake, at first glance, there is nothing extraordinary about its appearance.

It is neither intimidating nor fancy on the outside, but like my diminutive mother, inside is something smooth, sweet and rich that is hard to resist. The cake is strong enough to be laden with berries, whipped cream, ice

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Leader staff



cream — or any other topping one can think of — but is good without any adornment.

One week later, as she prepared to head back home, my mom scribbled the recipe for her pound cake onto my refrigerator notepad. The next day, I decided to try my hand at her recipe.

Although I had the recipe in front of me, I called my mother to walk me through it because I was afraid I would make a mistake. What if I added the ingredients in the wrong sequence? How would I know if I'd mixed them long enough?

Midway through my mixing, mom stopped me. “You have my directions,” she said, ending our conversation. In

my mind, she was not just telling me that she had taken me as far as she could with the cake, but in life. She had given me all the ingredients, and now it was up to me to put them together the right way.

As I stirred the batter, I thought about the attributes my mom passed on to me. Like that cake, she gave me the basic ingredients I needed to be a career woman, a wife, and now, a mother. On top of the basics, she was sure to add a hefty dash of love and lots of prayer.

The resulting cake was a beautiful brown, and as I tasted the first buttery bite, I silently thanked my mom. Thanked her for the recipe, the instructions and the wisdom she had to know that she had to let me do it for myself. The wisdom to know that, despite my fear, she could no longer hold my hand.

My cake turned out perfectly and I hope, I pray, that she passed along to me, not only the ability to bake a good pound cake, but to be a good mother.

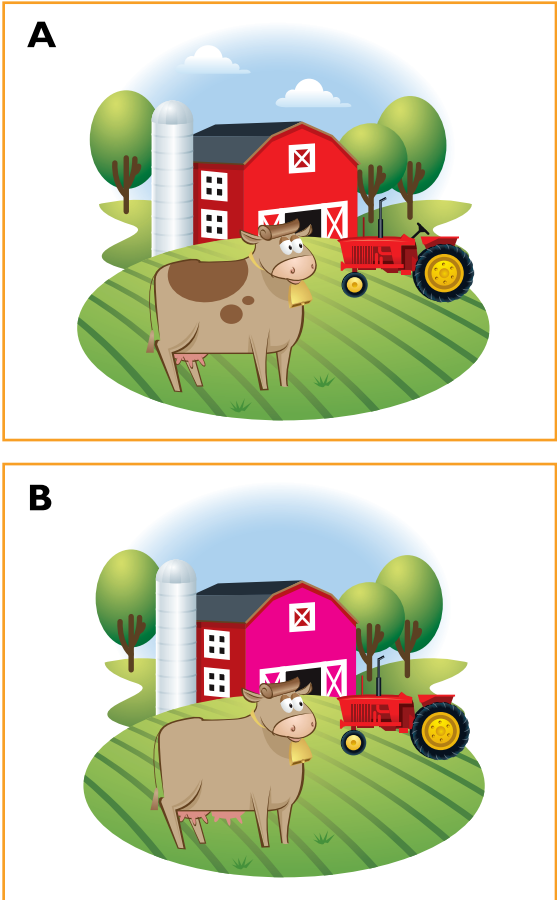
Now, when I look at the now batter-splattered recipe hanging on my refrigerator, I will think of my all my mother has done to make me the woman I am today. And those things are better than any cake.

Happy Mother's Day.



What's the Difference?

There are 5 things different between Picture A and Picture B. Can you find them all?



Answers: 1. barn is pink 2. missing clouds 3. missing spots on cow 4. cow has more udders 5. missing steering wheel

Word Search

B	O	L	H	P	K	H	P	Q	Y	Q	O	D	U	D
K	Y	Z	E	I	U	U	W	R	I	H	T	Y	P	U
S	T	R	W	M	D	M	R	K	C	F	A	H	K	Y
H	B	I	R	D	O	E	P	A	F	G	T	X	F	B
O	A	W	I	E	B	N	E	K	M	Z	O	P	O	Q
O	A	N	C	W	H	P	L	D	I	N	P	E	I	P
F	G	U	A	P	E	C	A	N	V	N	T	P	R	X
L	V	R	T	U	N	O	C	O	C	J	E	I	J	N
Y	T	M	J	U	X	J	W	W	E	F	E	Z	I	P
S	E	Z	C	H	I	Z	P	H	L	D	W	Z	P	G
J	Z	Y	Q	W	T	A	K	Y	P	V	S	A	H	J
D	I	A	Y	G	N	U	T	N	P	U	D	P	S	M
M	K	W	H	K	X	D	S	Z	A	Z	S	T	Q	T
I	D	Z	R	V	G	B	L	U	E	B	E	R	R	Y
D	W	T	B	Y	V	U	O	A	H	U	X	K	I	M

- | | | | | |
|-----------|---------|-------|---------|--------------|
| apple | coconut | peach | pizza | shoofly |
| blueberry | kiwi | pecan | pudding | strawberry |
| cherry | lemon | pie | pumpkin | sweet potato |

As Fort Jackson celebrates Military Spouse Day, the Fort Jackson Leader wants to hear from military spouses. The Leader is inviting submissions (questions, commentary, etc.) from or about spouses.

Please send all submissions to the FJLeader@conus.army.mil. Regular editing guidelines apply.



Washington: Do the right thing

Rank, name
Sgt. 1st Class Thomas Washington

Unit
Company D, 1st Battalion, 61st Infantry Regiment

Military Occupational Specialty / Job title
11B, Infantryman / S3 noncommissioned officer in charge

Years in service
20 years

Marital status
Married, two children

Highest education
Some college

Hobbies
Riding motorcycles and horses; quarter-mile strip racing (cars)



Photo by DELAWESE FULTON

Sgt. 1st Class Thomas Washington briefs a drill sergeant.

• • •

In the 20 years Sgt. 1st Class Thomas Washington has served, he has been stationed at Fort Hood, Texas; Camp Casey, Korea; Fort Benning, Ga. and Fort Ord, Calif.

He has deployed to Iraq twice.

His other deployments include Australia, Honduras and Panama.

Washington said the most memorable and special part of his Army experience has been his job — “converting civilians

NCO spotlight

into military personnel.”

“Being a drill sergeant, you effect so many young lives,” Washington said.

And his advice to junior enlisted is the same for new recruits just starting their military career: “Always do the right things — even when no one is looking.”

Washington said his mother has been a

major support to him, especially when he was a young Soldier facing many challenges.

“My mom, she just stood behind me. Whenever I deployed or called home, she would just smooth everything out.”

This July, Washington said, he and his family will move to Fort Polk, La. He plans to retire after completing his assignment at Fort Polk.

We salute you!

The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

IAC scheduled for June; volunteers needed

May is the second month of the third quarter fiscal year 2009. The issues that were submitted to Community FIRST during the month of April have been forwarded to the directorate or organization responsible for resolving them. More than six submissions were received this month, most of them from the town hall meeting that occurred April 21. The community’s concerns include:

- Fee for use of Legion Pool.
- Closure of the trap and skeet range.
- Need for a dog park.
- Desire for adaptive aquatics for special needs children.
- Designating a building for Soldier Readiness Processing.

Responses to each of the Community FIRST issues will be published in future issues of Customer Service Corner as they become available from the respective directorate or organization.

All issues will be addressed and either completed or remain active until the Instal-

CUSTOMER SERVICE CORNER

By **VERONICA PATRICK**
Community FIRST Coordinator

lation Action Council convenes. The next IAC is scheduled for June 18, 2-4 p.m. in the Post Conference Room.

During this meeting, active issues will be revisited and may be voted on to remain active, deemed unattainable or to be sent to the Army Family Action Plan program manager for forwarding to the commanding general.

The Fort Jackson community is encouraged to attend in order to have everyone’s voice heard during discussions and voting on issues. All issues remaining active after the IAC, including those raised during this quarter’s focus groups, will continue to be

worked. For more information on the IAC, call Customer Management Services at 751-4926/3425.

Constituent-pure focus groups will continue to be conducted during the third and fourth quarter as part of the Community FIRST issue resolution process. Focus groups are a way for community members to provide input to Fort Jackson leadership regarding issues that affect them.

A volunteer staff consisting of facilitators, recorders, transcribers and issue support is needed to assist with each event. New volunteers are always welcome and free training is provided.

There are numerous benefits to volunteering with Community FIRST: Becoming experienced in public speaking; earning volunteer hours that are recognized annually; developing new skills or keeping skills current; gaining a personal sense of accomplishment; meeting new people; staying active on the installation; and giving back to the military community. Those who are in-

terested in volunteering should contact the program coordinator.

Community members can view all Community FIRST issues or check the status of specific issues on the CMS Web site at <http://www.jackson.army.mil/WellBeing/welbeing.htm>. New issues may be submitted on the site as well by clicking on “Submit an Issue or Recommendation” or clicking on the Community FIRST logo.

Whether it affects community members at Fort Jackson or throughout the Army, feedback is important and will be used to improve customer service.

ICE APPRECIATION

The garrison congratulates AAFES Reception Troop Store and the Veterinary Treatment Facility. Throughout a 12-week period, they achieved a 5.0 and a 4.82 percent rating, respectively, out of a possible 5.0 in employee/staff attitude. This is an outstanding performance in customer service.

Saluting this Basic Combat Training cycle’s honorees

DRILL SERGEANTS OF THE CYCLE



Staff Sgt.
Cameron Copeland
Company A
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Deron Harrison

SOLDIER OF THE CYCLE
Spc. Keisha Worthen

HIGH BRM
Pfc. Nathan Snell

HIGH APFT SCORE
Pvt. Thomas Getman



Staff Sgt.
Jamel Fulks
Company B
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Justin Knox

SOLDIER OF THE CYCLE
Pvt. Adam Anderson

HIGH BRM
Pfc. Jack Shelton

HIGH APFT SCORE
Pvt. Kristabell Gomez



Staff Sgt.
Kwesi Morgan
Company C
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Henry Gonzalez

SOLDIER OF THE CYCLE
Pfc. Carissa King

HIGH BRM
Spc. Robert Steele

HIGH APFT SCORE
Pfc. Hillary Sell



Staff Sgt.
Michael Osborne
Company D
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Pfc. Jacob Garcia

SOLDIER OF THE CYCLE
Pvt. Adam Cole

HIGH BRM
Pvt. Brandon McAdams

HIGH APFT SCORE
Pvt. Quinten Pommerich



Staff Sgt.
Teresa Burroughs
Company E
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. James Lewis

SOLDIER OF THE CYCLE
Spc. Nicholas Marquez

HIGH BRM
Pvt. Andrew Boyles

HIGH APFT SCORE
Spc. John Compton



Staff Sgt.
William Wenger
Company F
3rd Battalion,
60th Infantry Regiment

SOLDIER LEADER OF THE CYCLE
Spc. Daniel Ott

SOLDIER OF THE CYCLE
Pvt. Chrisopher Beckstrand

HIGH BRM
Spc. Gilbert Ashdown

HIGH APFT SCORE
Pvt. Joseph Bennett

SUPPORT AWARDS OF THE CYCLE

CADRE SUPPORT OF THE CYCLE
2nd Lt. Gene Wrice

TRAINING SUPPORT AWARD
Staff Sgt. Travis Lee

SERVICE SUPPORT AWARD
Milton Wiseman

SERVICE SUPPORT AWARD
Gwendolyn Brantley

DFAC AWARD
Tameka Sumpner

FAMILY SUPPORT AWARD
Annette Rodefer

May Promotions

<i><u>Name</u></i>	<i><u>Rank</u></i>	<i><u>Unit</u></i>	<i><u>Name</u></i>	<i><u>Rank</u></i>	<i><u>Unit</u></i>
KUCKHAHN JR., Karl O.	COL	USACHCS	TAGGART, Mark N.	CPT	Student Detachment
LADD, Keith D.	COL	Student Detachment	WILLIAMS, Eric B.	CPT	Co. A, TSB
SOBOTTA, Stephen C.	COL	Student Detachment	HOLLAND, Toby D.	1LT	Student Detachment
BLOMQUIST, Michael D.	LTC	Student Detachment	HUTCHENS, Jerry P.	1LT	Student Detachment
BRADSHAW, David M.	LTC	Student Detachment	PERKEY, Christopher L.	MSG	HHC, TSB
EICHELMAN, Mark E.	LTC	Student Detachment	AWAY, Nathan M.	SFC	Co. B, 2nd Bn., 60th Inf. Reg.
GOETHALS, Paul L.	LTC	Student Detachment	BUSH, Bobby W.	SFC	HHC, TSB
VILLANUEVA, Rodney A.	LTC	MEDDAC	LEE, Prentiss D.	SFC	4th Bn., 10th Inf. Reg.
HARSHANY, Mark L.	MAJ	MEDDAC	PERKINS, Shawn D.	SFC	Student Detachment
PETTYMADISON, Naomi S.	MAJ	MEDDAC	COBBLEDICK, Bruce C.	SSG	HQ, 1st Bn., 34th Inf. Reg.
BOLING, Shannon	CPT	Student Detachment	DURAN, Steven A.	SGT	MEDDAC
DEAUBLER, Bryan D.	CPT	Student Detachment	DURST, Spenser A.	SGT	17th MP Det.
PLILEY, Daniel S.	CPT	Student Detachment	GIDDINGS, Natasha	SGT	Student Detachment
SIMPSON, Ricky D.	CPT	Student Detachment	HIRNEISEN, Richard	SGT	17th MP Det.
SMITH, Simeamativa P.	CPT	Co. A, 369th AG Bn.	ROBERTSON, Courtney	SGT	MEDDAC

DOIM Signals

Fort Jackson has begun to upgrade existing Windows XP workstations to Microsoft Windows Vista operating system and Microsoft Office 2007.

This implementation is being done in phases and is projected to be completed by end of December 2009. There are computer-based training classes provided by Skillport that will prepare users for using the next generation Operating System Windows VISTA.

Recommended training: To ensure that users are prepared for these changes the following listed eLearning courses are recommended.

All recommended courses are available and accessible through the Army eLearning Web site <https://usarmy.skillport.com>. Upon authenticating in the Web site, the courses will be listed under the “Catalog” tab.

For all computer users and or operators of computer systems:

My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista: New Features for End Users, Expected duration - 3.7 hours

My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista for the End User, Expected duration - 5 hours

My Assignment >> Desktop Curricula >> Microsoft Office 2007 >> Microsoft Office 2007: New Features

In sync



Photo by CRYSTAL LEWIS BROWN/

Members of the Spring Valley High School Air Force JROTC “Viking” drill team perform during this week’s Interstate Compact Symposium. See next week’s *Leader* for more information on the Interstate Compact.

HAPPENINGS

Calendar

Today
Lifeguard classes
4 p.m., Knight pool
Class runs through May 16.
Call 751-4796 for information.

Tomorrow
Military spouse job fair
9-11 a.m., Strom Thurmond Bldg., Room 223
Call 751-4862/5256 for information.

Military Spouse Day appreciation
11:30 a.m.-1 p.m., Strom Thurmond Bldg., Room 120
A rose and ACS goodie bag will be given to the first 100 attendees. Refreshments will be served.

Saturday
AG 3K Walk and 5K/10K Fun Run
7 a.m., Hilton Field
All Soldiers and civilians are invited. The \$10 fee includes a T-shirt or water bottle. Call 751-3264/5008 for information.

Tuesday
Work Keys assessment training
Registration required.
Call 751-4862/5256 for information.

Wednesday
Retired Officers Wives Club meeting
11:30 a.m., Officers’ Club
Call Jo Lynn at 699-1768 or Cathy at 783-1220 to RSVP by May tomorrow.

Thursday, May 14
2009 Soldier & Vets Charity Golf Tournament
11 a.m., registration; Event starts at noon. Fort Jackson’s Old Hickory Golf Course
Call 751-4329 for information.

Friday-Saturday
Commissary caselot sale
Fort Jackson Commissary

Wednesday, May 20
Asian Pacific Heritage Month luncheon
11:30 a.m.-1 p.m., NCO Club

Thursday, May 21
The Rocks Inc.
“Promotions and Selections”
Professional development workshop
5:30 p.m., Post Conference Room

Announcements

FREEDOM SCHOLARSHIP
Applications are being accepted for the 2009 American Patriot Freedom Scholarship until tomorrow. The scholarship is available to dependent children, 17 to 21, of military service members who will be pursuing a post-secondary educational degree. A total of 25 individual \$1,000 scholarships will be awarded.
For more information visit [\[frontamerica.org/oohrahhome.htm\]\(http://frontamerica.org/oohrahhome.htm\).
AUSA SCHOLARSHIP
The Association of the United States Army, Fort Jackson — Palmetto State Chapter, is offering educational scholarships to chapter members. The deadline is May 15. For more information contact \[SBBButler@bellsouth.net\]\(mailto:SBBButler@bellsouth.net\).](http://www.home-</p></div><div data-bbox=)

1ST BCTG SOLDIERS WANTED
The 1st Battle Command Training Group Army Reserve is establishing a detachment in the Columbia area and looking for Soldiers. There are immediate openings for Soldiers in ranks sergeant through lieutenant colonel, regardless of rank. For more information, call (205) 987-8443 ext. 4414, (205) 444-5208/5163 or e-mail Larry.KingSr@usar.army.mil, John.R.Walker@usar.army.mil or Karlos.Parker@usar.army.mil.

SEVERE WEATHER SIREN
Fort Jackson tests its emergency siren warning system at noon on Wednesdays. The tests are designed to ensure the emergency alert system works and to raise awareness about the system’s existence.

RECLAMATION SALE
A reclamation sale for Soldiers is scheduled through tomorrow, 8 a.m.-5 p.m. at Building 2570, Warehouse Road. Cash only.
Today — All Active Duty, all ranks
Tomorrow — Active Duty, Reservists, National Guard

MUSEUM CLOSING AND HOURS
The U.S. Army Basic Combat Training Museum will close May 15 until further notice. Until then, the operating hours are: Monday-Wednesday — closed; Thursday — 10 a.m.-6 p.m.; Friday 9 a.m.- 4 p.m.

BIG SERVICE AWARD
Submissions for the 2009 Blacks in Government Meritorious Service Award are being accepted until Monday. Soldiers and DoD employees are encouraged to apply. Submissions can be made through brigade equal opportunity advisers or the Installation EO Office. For more information, call 751-2990 or e-mail Janeen.Simmons@conus.army.mil.

CID CRITERIA CHANGE
CID has changed its acceptance criteria to temporarily accept staff sergeants. The change now allows Soldiers, E-4 to E-6, regardless of MOS to apply. Applicants must be eligible to obtain a top secret clearance, be at least 21 years old and have served at least two years on active duty.
To apply, visit www.cid.army.mil or contact the Fort Jackson CID office at 751-7665/3789.

RED CROSS SEEKS VOLUNTEERS
Volunteers are needed to role play dur-

ing a shelter operations exercise 9 a.m.-noon, May 19 at the Red Cross Station Office. Call 751-4329 to volunteer.

MYRTLE BEACH MILITARY APPRECIATION DAYS
The Myrtle Beach Military Appreciation Days are scheduled May 28-30. The 5K run/walk is scheduled Saturday, May 30. Early registration deadline is tomorrow (by mail only). Registration is free for active duty military and \$20 for veterans and civilians.
Race day registration and packet pickup 6:30-7:45 a.m., Crabtree gym, 1004 Meyers Ave. Race times are 8 a.m., wheelchair 5K and 8:30 a.m., 5K run/walk.

Housing events

Friday, May 15
Junior paleontologist adventure
3:15 p.m.
Children 10 years and younger can dig for fossils, hunt for dinosaur eggs and more to become a junior paleontologist.

Wednesday, May 20
Sunscreen Awareness Day
1 p.m.
Find out how to stay safe in the sun.

Friday, May 29
Breakfast on the go
7:30 p.m., Corner of Chesnut and Carter. Stop by for a free breakfast on the way to school.

Every Tuesday
Walking club
9 a.m., Strollers are welcome.

Every Thursday
Kids Day
10 a.m., Themed activities for children younger than school age.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information, call Courtney Williams at 738-8275.

Off-post events

Saturday
Palmetto Painters meeting
“Tools and Tips”
10 a.m., West Columbia-Cayce Library
781-2340 or www.palmettopainters.com for information.

Saturday, May 16
Palmetto Patriots Ball
Embassy Suites Hotel, Columbia
Cocktails — 6 pm., dinner —7 p.m.
For tickets or information visit www.bluestarmotherssc.com or call 206-6088.
HOST AN EXCHANGE STUDENT
The Foundation for Intercultural Travel is an exchange visitor program that matches international students, 15 to

Pets of the Week



Photos by OITHIP PICKERT
From top: Six 6-week-old kittens (two shown), a 1-year-old male cat and a 1-year-old female cat are looking for new homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

18, with host families in the local area. Call (877) 439-7862 for more information.

HOMEOWNERS WORKSHOPS
The Homeownership Resource Center is offering a free foreclosure workshop for homeowners.
First and third Saturdays, 9-11 a.m. and every last Tuesday of the month, 5-7 p.m. at the Midlands Community Development Corporations-Dream Center, 2340 Atlas Road.
Call 1-888-320-0350 for information.

New deadlines for *Leader* announcements

Community submissions to the *Leader* should be typed, no more than 45 words, and should include time and place for events and a point of contact, when possible. **Announcements must be submitted one week prior to the event.** The *Leader* reserves the right to edit announcements. To submit an announcement,e-mail it to FJLeader@conus.army.mil.

Olympians create special memories



Adam Welsh takes good cut during the softball tournament Saturday at Hilton Field Softball Complex. The aquatics, bowling and softball events of the Special Olympics Summer Games took place on Fort Jackson.

By **SUSANNE KAPPLER**
Leader Staff

Approximately 1,000 athletes from across South Carolina descended on Fort Jackson Friday and Saturday for the South Carolina Special Olympics Summer Games.

The games began with the lighting of the “Flame of Hope” Friday followed by the opening ceremony at the Solomon Center. Fort Jackson Soldiers were at hand to welcome the athletes with chants and applause.

“The opening ceremony was so wonderful,” said Angela Prince, a coach who accompanied 30 athletes and volunteers from Greer. “It’s so moving to see the Soldiers cheer for the athletes.”

Lt. Col. Randall Harris, commander of the 3rd Battalion, 13th Infantry Regiment, which hosted the games for the second straight year, said the ceremony was a great example for the way Fort Jackson supports the Special Olympics.

“The way the Soldiers pumped up the crowd and really excited all the athletes with a genuine desire of support is fantastic,” Harris said. “This is the 41st year Fort Jackson has hosted this event. We have established a great

partnership with the South Carolina Special Olympics staff.”

The aquatics, bowling and softball competitions took place on Fort Jackson Saturday. Track and field, gymnastics and cheerleading events occurred off post.

Staff Sgt. Angelo Rickert, a drill sergeant with Company C, 3rd Bn., 13th Inf. Reg., was not involved in last year’s event, but said he was happy to be a part this year.

“It’s an honor to help out (the athletes),” he said. “We’re here to motivate them and support them in any way we can.”

Harris said hosting the Special Olympics is all about making memories.

“I am sure the athletes, coaches and volunteers have their own set of memories, but for my cadre and me, we had the pleasure of getting to meet and support these courageous athletes and watch them operate at peak performance levels,” he said. “Making that experience possible is something all my folks will remember for a lifetime.”

Dillon Wilson, 15, an aquatics athlete, summed up his experience with a smile on his face.

“It’s fun,” he said.
Susanne.Kappler1@us.army.mil



Allison Chavis competes in the 15-meter walk aquatics event Saturday at Knight Pool. Athletes from across the state participated in the games.



Photos by **SUSANNE KAPPLER**
Cindy Henson, a track and field athlete, recites the athletes oath during the opening ceremony of the Special Olympics 2009 Summer Games Friday at the Solomon Center. Also pictured are TV personality Joe Pinner, left, who emceed the ceremony and Barry Coats, president of the South Carolina Special Olympics.

Eric Wilson dances to the music performed by Pamela Dale during the opening ceremony.

Heat injuries a hot topic

By **LISA YOUNG**

U.S. Army Center for Health Promotion and Preventive Medicine

The weather is warming up, and summer heat will arrive before we know it. Now is the time to start thinking about how to prevent heat injuries to yourself and other Soldiers.

The incidence of heat stroke hospitalization in Soldiers has increased eight-fold in the last 20 years, according to the latest Army heat injury prevention policy memorandum.

Heat injuries can occur in garrison and operational environments, during unit and individual physical training, training exercises, recreational events and non-exertion activities. They are a threat to medical readiness and to the fitness of individual Soldiers.

Commanders and noncommissioned officers are charged with putting in place the necessary measures to prevent heat injuries.

Medical personnel also play a key role in supporting unit leadership in their efforts to protect Army personnel. Individual Soldiers also play a part by following the guidance they are given and paying attention to warning signs in themselves and other Soldiers.

The primary reference on preventing heat injuries is TB MED 507, "Heat Stress Control and Heat Casualty Management."

This guide addresses all aspects of heat

injury prevention, including heat mitigation procedures, identifying high-risk individuals, heat acclimatization, fluid and electrolyte replacement, work/rest guidelines, management of heat casualties and vigilance.

The variables of climate (temperature and humidity), intensity of activity and individual risk factors interact to cause a heat injury.

Individual risk factors include lack of heat acclimatization, cumulative exposure to heat, poor physical fitness, overweight, concurrent illness, medications/dietary supplements, alcohol use, prior history of heat injury, skin disorders and being over 40 years old.

Also, the use of beverages containing caffeine and alcohol within 48 hours of training increases heat injury risk.

Newly mobilized personnel, especially those from cool climates that are not properly heat acclimatized, are more at risk of becoming a heat casualty when exposed to hot weather.

Additionally, training in a compressed timeframe before deployments also increases risk.

Drinking too much water is also a risk. A number of deaths have occurred in the Army due to water intoxication, an electrolyte disturbance in which the sodium concentration in the plasma is too low.

Proper water consumption guidelines should be followed in order to prevent over-

hydration. Fluid needs can vary based on individual differences and exposure to full sun or full shade. Hourly fluid intake should not exceed 1 1/2 quarts and daily intake should not exceed 12 quarts.

It is essential that commanders, NCOs and medical personnel are educated on preventing heat injuries and implement a risk management-based, comprehensive heat injury prevention program.

Programs must include identification and assessment of hazards in terms of severity and probability, implementation of appropriate controls for hazard abatement, and evaluation of the effectiveness of control measures. Early recognition of heat exhaustion is critical to prevent progression to more serious heat injury and death.

The 2003 Ranger and Airborne School Students Heat Acclimatization Guide offers practical guidance for optimal heat acclimatization to maximize performance while minimizing the risk of becoming a heat casualty.

A video, "Heat Injury II, Prevention and Treatment," is also available. The U.S. Army Center for Health Promotion and Prevention and the U.S. Army Research Institute for Environmental Medicine have developed valuable heat injury prevention products, including posters, videos, and pocket guides.

These are available through the CHPPM Web site at <http://chppmwww.apgea.army.mil/heat/>.

MACH updates

CATARACT SCREENING

The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations May 15 for all beneficiary categories, including active-duty family members, retirees and retiree family members. To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

APPOINTMENT CANCELLATIONS

A phone number has been established for patients to call to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

NEW PHARMACY LOCATION

The pharmacy is now located on the ground floor and the TRICARE, EFMP and EDIS offices are located on the 10th floor.

MACH TOLL-FREE NUMBER

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil.

MEDICAL RECORDS

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH.

Behavioral health resources online

TRICARE Management Activity

The Behavioral Health Portal at www.humana-military.com has Web resources, articles and tip sheets related to a variety of behavioral health issues, such as PTSD, TBI, substance use and chemical dependency.

On the Web site, click on "health and wellness," then click "behavioral health," and lastly click "Achieve Solutions."

Achieve Solutions is an online Employee Assistance Program Work/Life educational tool.

This program was implemented in September 2007. It offers 6,000 articles on 200 different topics and is available in English and Spanish. More than 123,000 pages have been viewed and no user ID or password is required. The user remains anonymous.

The Achieve Solutions Enhancements offers three programs: Teen Life, Life Manager and Suicide Awareness.

The Teen Life program is designed specifically for teens and parents of teens. It offers a spectrum of resources, from eating disorders and substance use, to finding the right college and financial aid.

The Life Manager program is a Web-based program that allows a user to assess his or her mood, take assessment quizzes and receive a plan of action.

The Suicide Awareness program is a special section that highlights articles, Web resources, tip sheets and education related to Suicide Awareness. There are two videos related to Suicide Awareness and access to a 24/7 behavioral health clinician for users who may be feeling suicidal.

OT Clinic shows off at open house



Photo by **NICHOLE RILEY**, Moncrief Army Community Hospital

In recognition of Occupational Therapy Month, Moncrief Army Community Hospital's OT staff held an open house recently at the OT Clinic on the 11th floor of MACH. Occupational Therapy enables people of all ages to live life to its fullest by helping them promote health, prevent — or live better with — injury, illness or disability.

FCC opportunities offer child care, employment

By **THERESA O'HAGAN**

Family and Morale, Welfare and Recreation

For working parents, finding quality child care can be difficult and costly. Working parents also know finding flexible work that allows for plenty of family time can be an equally daunting task.

The Family Child Care program can solve both problems.

"For the parent who wants to find safe, reliable, affordable and nurturing care for his or her child, a Family Child Care home can be the perfect alternative to a child care facility," said Edith McFaddin, FCC director and training and curriculum specialist.

"Family Child Care offers child care for children 4 weeks to 12 years of age by trained and certified Family Child Care providers living in on-post government quarters or off-post residences."

FCC providers offer a small group setting in a home environment. Parents can choose full day, part day, before and after school, hourly or extended care.

FCC providers and family members 12 and older must pass the required background checks and homes are monitored and inspected. They are inspected by fire, health, safety, and FCC staff on a regular basis.

"Prospective providers receive training in child growth

and development, health, sanitation, fire and safety requirements, first aid and CPR, identifying and reporting child abuse, business practices, and age-appropriate activities, environments, and interactions," McFaddin said.

"Once certified, they are required to complete the 18-month Army Foundation Training Program. FCC providers provide the same quality care that is offered in a center setting. Our goal is to provide quality, affordable and available care, making it your child's home away from home."

The FCC program also offers employment for military spouses, enabling them to earn an income while staying at home.

McFaddin encourages those interested in becoming an FCC provider to register early in order to begin the background check process which can delay the opening of their home if not completed in advance of the training classes.

The next FCC provider training is scheduled for 8 a.m.- 4 p.m., Monday-Friday, at the Joe E. Mann Building on Magruder Avenue. For more information on becoming an FCC provider, call 751-6234.



SAFE Summer
NO ONE GRILLS ALONE

- Use grills in well-ventilated areas.
- Never leave a grill unattended once lit.
- Keep fire under control.
- Wear safe clothing.

Have fun and look out for each other this summer.
Do your part to protect our Band of Brothers and Sisters.

U.S. ARMY
ARMY STRONG
U.S. ARMY COMBAT READINESS/SAFETY CENTER
<https://safety.army.mil>
ARMY SAFE IS ARMY STRONG
A BAND OF BROTHERS & SISTERS

FMWR calendar

TODAY

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club 11 a.m.-1:30 p.m. for specials or the buffet.

TOMORROW

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ First Friday golf tournament, 1 p.m., Fort Jackson Golf Club.

SATURDAY

- ☐ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excaltibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.
- ☐ Scavenger hunt bike ride, 8 a.m., Solomon Center. Call 751-5768 for information.
- ☐ EFMP strawberry picking, 10 a.m., Cottle Strawberry Farm.

SUNDAY

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m. Officers' Club.
- ☐ Mother's Day brunch, 11 a.m.-2 p.m., NCO Club. Call 782-2218/2219 for reservations. \$12.95 for adults, \$5 for children 5-12 years old. Children younger than 5 eat free.

MONDAY

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

TUESDAY

- ☐ EFMP bowling, 3:30-5:30 p.m., Century Lanes. \$1 per game, 50-cent shoe rental.

WEDNESDAY

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Guest day, 5-7:30 p.m., Fort Jackson Golf Club driving range. Come for a free lesson.
- ☐ Letter of Intent to play kickball due by close of business.

ANNOUNCEMENTS

- ☐ New passport requirements take effect June 1. For more information about the new requirements, visit www.fortjacksonmwr.com/travel.
- ☐ The next Family Child Care Orientation Training is scheduled for Monday-Friday, 8 a.m. to 4 p.m. at the Joe E. Mann Center. The FCC program offers employment opportunities for military spouses who enjoy working with children. Registration is required by Wednesday. For more information, call 751-6234/1293.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
*Director,
Emergency Services/Provost Marshal*
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief



CASES OF THE WEEK

❑ A Soldier was treated for a head injury and another charged with assault after a fight. The men got into a fight in the laundry room of their building after one accidentally removed the other’s clothes from a washer, Military Police said.


❑ MPs responded to a noise complaint in the housing area. The Soldier, whose loud music triggered the complaint, agreed to lower the volume to an appropriate level, MPs said.

❑ The Fort Jackson Fire Department responded to a brush fire in training area 18A. No injuries or structural damage were reported.

FORCE PROTECTION

THOUGHT OF THE WEEK


MAINTAIN SITUATIONAL AWARENESS



BE OBSERVANT OF ACTIVITY
AROUND YOU!!

NOTE VEHICLES, PERSONS, OR
ITEMS THAT ARE “OUT OF
PLACE”

KNOW THE THREAT – WHAT’S
THE FORCE PROTECTION
CONDITION?!!!!



Please contact the MP Desk to report any suspicious activity at 751-3113/3114

LEADER DEADLINES

- ❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the May 21 Leader should be submitted by today.
- ❑ Announcements are due one week before the scheduled publication. For example, an announcement for the May 21 Leader should be submitted by May 14.

Faith woven into every aspect of life

By CHAPLAIN (Maj.) ED KELLEY
Installation Chaplain's Office

The Christian communities recently have celebrated their most important event of the year, the resurrection of Jesus Christ, their Lord and Savior.

While Christians may disagree on many points of theology, we reunite in our belief that Jesus is the Son of God and that he suffered, died and rose from the dead so that we could be forgiven for our sins and have a personal relationship with our God.

The questions every Christian must ask him or herself are: Does this understanding of Jesus and our understanding of God influence our living today? Is there a correlation between our belief in a God who is involved in our lives and who we are as a people or as a nation?

Some would suggest that the answer to this question is a resounding, “No.”

But, I think that is the wrong answer. Our trust and belief in Jesus Christ, and the message that he proclaimed, is an essential element in all that we do in our lives, and no part of our life can be excluded from the faith we profess. It is part of whom we are as parents, as citizens of a nation, as members of a family and as Soldiers.

Our incorporation into the family of Jesus gives us the responsibility to live and act with an awareness that he has called us by name to serve as his disciple. That means that we try our best to live as Jesus lived and to witness the message that God has revealed through him.

Although we may not do this perfectly, and although we all may be guilty of sin at times, that does not mean that we can take whole areas of our lives separate them from whom we are as Christians.

As parents, we understand that God lends children to us to teach them of his love, mercy and caring. We teach them the traditions and beliefs of our faith, and pray that they

will come to understand and appreciate God as we do.

As Soldiers, we understand that God has asked us to commit a portion of our lives to be disciples of peace and justice in a world full of injustice and oppression.

As citizens of a nation blessed by God, we are called to see that the rights of all are respected, and that we have national policies that reflect the principles of God’s message.

We do not find ourselves in the position of the two disciples on the road to Emmaus who encounter Jesus and do not recognize him.

We know who he is. We know that he suffered, died and rose from the dead. We know that he did it for us and for all people.

We rejoice that God has given us the gift of faith and promised us everlasting life. All we have to do is be people of prayer and model our lives on the example of Jesus.

We follow one guideline: “What would Jesus do if he were me, right here, right now?”



Protestant

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
 - Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday

- 7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
 - Thursday
9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday
8 a.m. Men's Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
- Sunday
5 p.m. Main Post Chapel

Catholic

- Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
- Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

- Sunday
8 a.m. Memorial Chapel

Islamic

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ

- Sunday
11:30 a.m. Anderson Street Chapel

Latter Day Saints

- Sunday
9:30 a.m. Anderson Street Chapel

Addresses, phone numbers

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Nonsupport a commander's issue

By ANTOINETTE GREEN
Assistant Inspector General

A Soldier and his wife decide to separate. They have one child, and there is no formal agreement. Does the Soldier have a financial support obligation to the wife or child?

Nonsupport is when a service member who fails to support a dependent on whose behalf Basic Assistance for Housing is received. According to Army Regulation 20-1 (Inspector General Activities and Procedures), nonsupport is a commander's responsibility.

AR 20-1 defines a family member as a child younger than 19 or any other family member who depends on the sponsor for

total support or care. AR 608-99 (Family Support, Child Custody and Paternity) defines family members more in depth.

The inspector general's primary role is to ensure the command is aware of all complaints and takes the appropriate actions. The complainant has the responsibility of communicating nonsupport problems to the Soldier's commander. The IG provides assistance by determining if the complainant has contacted the Soldier's commander and, if not, assist the complainant in doing so.

If the complainant has already contacted the Soldier's commander, the IG will only continue to provide assistance if the commander did not respond adequately. The IG provides assistance by ensuring the immediate needs are met (food, shelter, medical

care etc).

The commander's responsibilities are outlined in AR 608-99 in paragraphs 1-4d through 1-4g and chapter 3. The commander's responsibilities include having procedures in place to ensure compliance with AR 608-99; and counseling the Soldier to ensure the Soldier understands his or her obligations.

The commander has to respond to the inquiry for assistance according to paragraph 3-1 and 3-5 of AR 608-99 and take other actions as appropriate. Enforcing the requirements of the regulation is covered in paragraph 3-10. A Special Court Martial Convening Authority or battalion commander may release a Soldier if the situation falls under paragraph 2-14 or 2-15.

Chapter 3 of AR 608-99 covers the Soldier's legal obligations. Some of these obligations include keeping reasonable contact with family members who legitimately need to know the Soldier's location, which minimizes inquiries to the commanders. A Soldier who has a court order establishing paternity, but not directing financial support will provide support as required by paragraph 2-6. In the absence of a court order or other written financial support agreement paragraph 2-6 applies. According to paragraph 2-4 Soldiers will comply with financial support provisions of all court orders.

In the above scenario, the Soldier does have financial support obligation to the wife and child according to AR 608-99 paragraph 2-6d (1).

Workouts more than training for vets

By DELAWESE FULTON
Leader Staff

A group of disabled veterans and civilians is finding strength and friendship during weekly exercise sessions at Fort Jackson's Perez Gym.

About 15 members of a local chapter of Paralyzed Veterans of America and a multiple sclerosis support group have teamed with the fitness center's staff to improve the members' ability to stay fit.

"I can now stand up. That's every paraplegic's dream, to be independent," Lonnie Day said.

Day, who said he is a former military police officer, said the muscle toning exercises and working out with the group have helped him with his mobility issues.

"Coming to the gym is a big help for all of us with disabilities," Day said.

In the past five years, and under the leadership of Donna Madl, Perez Gym facilities have been modified to serve the disabled, especially those who seek strengthening and conditioning of their muscles.

Many of the facility's exercise equipment can be adapted for use by people in wheelchairs.

"We try to do our best to help and get the things they need," said Madl, the fitness center's supervisor. "It's a good way to give back."

In addition to installing ramps and wider aisles, Perez Gym recently acquired a NuStep low-impact cardio machine, which allows the disabled to exercise their arms and legs regardless of whether there is movement of the limb.

Mike Steward and Tim Goodwin, both veterans with disabilities, coordinate the



Photo by DELAWESE FULTON

Retired Air Force Staff Sgt. Tim Goodwin, left, assists fellow multiple sclerosis group member Dennis Haile with several rounds of pull-downs. Goodwin and Haile are among the approximately 15 disabled veterans who meet at Fort Jackson's Perez gym to work each week.

group's weekly workout sessions. Several of the members exercise three times a week.

Goodwin, a former Air Force staff sergeant, said he was diagnosed with multiple sclerosis 24 years ago. He has been able to manage the disease and maintain his ability to walk.

"It's God and exercise," said Goodwin as he prepared to help a fellow group member with some arm strengthening exercises.

Larry Ducate — a former Navy pilot and lieutenant who said he also has multiple scle-

rosis — started working out with the group about four years ago.

Ducate said the exercising and interacting with others has been refreshing for his mind and body. Though he uses a cane, he, too, has been able to maintain his ability to walk.

"I've gotten stronger, my legs have gotten stronger," Ducate said. "Plus, it's a social thing — just to see the people who have disabilities working out. They are making the best of it. And it's encouraging."

Delawese.Fulton@us.army.mil

Sports shorts

❑ Registration for Fort Jackson's annual Strongman Competition is open. The event is scheduled for May 14, 6 p.m. at the Hilton Field Softball Complex. The registration deadline is May 12. There is no entry fee for Soldiers. For more information, call 751-3096.

❑ Letters of intent for summer basketball are due May 22. The summer basketball league is for active duty personnel only. For more information, call 751-3096.

❑ The softball season is under way with games taking place at Hilton Field Softball Complex at 6 p.m., 7 p.m. and 8 p.m. nightly. For more information, call 751-3096.

❑ A Father's Day basketball tournament for players 30 and older is scheduled for June 5-7 at Vanguard Gym. The field is limited to eight teams. Teams must sign up by May 29. The entry fee is \$150 per team. For more information, call 751-4526/4384.

❑ For youth sports information, call 751-5610/5040. For golf, call 787-4437/4344. For general sports information, call 751-3096.

❑ Health Rocks is a monthly event offering fun fitness activities and games at the Youth Services Center. It takes place the second Friday of each month, 6:30-9 p.m. Health Rocks is open to children registered with Child, Youth and School Services. For more information, call 751-6385.